



## Curried Green Bean Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



185 kcal

SIDE DISH

### Ingredients

- 0.3 cup canola oil
- 1 tablespoon curry powder
- 1 teaspoon ginger root fresh minced
- 2 teaspoons garlic fresh minced
- 29 ounce green beans drained canned
- 6 servings salt and ground pepper black to taste
- 3 tablespoons onion fresh minced
- 1 tablespoon rice vinegar

0.5 cup slivered almonds

## Equipment

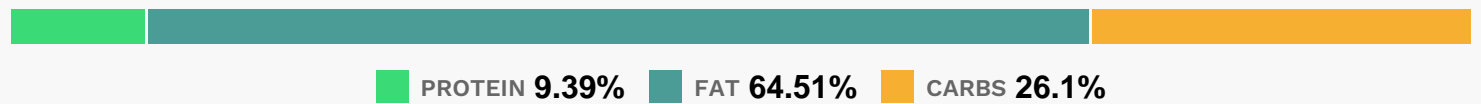
bowl

## Directions

Mix onion, curry powder, rice vinegar, garlic, and ginger together in a large bowl. Stir oil into the onion mixture; season with salt and black pepper; mix well.

Add green beans and almonds to the mixture; toss lightly to coat.

## Nutrition Facts



## Properties

Glycemic Index:35.83, Glycemic Load:3, Inflammation Score:-7, Nutrition Score:13.846521730008%

## Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.49mg, Isorhamnetin: 0.49mg, Isorhamnetin: 0.49mg, Isorhamnetin: 0.49mg Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 4.81mg, Quercetin: 4.81mg, Quercetin: 4.81mg, Quercetin: 4.81mg

## Nutrients (% of daily need)

Calories: 184.83kcal (9.24%), Fat: 14.28g (21.97%), Saturated Fat: 1.12g (7.03%), Carbohydrates: 13g (4.33%), Net Carbohydrates: 7.7g (2.8%), Sugar: 5.12g (5.68%), Cholesterol: 0mg (0%), Sodium: 9.32mg (0.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.68g (9.35%), Vitamin K: 66.77µg (63.59%), Vitamin E: 4.72mg (31.48%), Manganese: 0.58mg (29.13%), Vitamin C: 17.53mg (21.25%), Fiber: 5.29g (21.18%), Vitamin A: 956.14IU (19.12%), Magnesium: 62.19mg (15.55%), Vitamin B2: 0.25mg (14.74%), Folate: 51.75µg (12.94%), Vitamin B6: 0.24mg (11.81%), Iron: 2.08mg (11.56%), Potassium: 384.59mg (10.99%), Phosphorus: 102.21mg (10.22%), Copper: 0.2mg (10.13%), Vitamin B1: 0.14mg (9.19%), Calcium: 83.3mg (8.33%), Vitamin B3: 1.38mg (6.91%), Zinc: 0.67mg (4.49%), Vitamin B5: 0.36mg (3.65%), Selenium: 1.55µg (2.21%)